

WEEK A: Gluten free 4th Sept 25th Sept 16th Oct	Monday Meat Free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Roasted vegetable pasta bake Served with garlic bread and green vegetable	Potato topped chicken and mushroom pie Or Creamy vegetable pie Served with seasonal vegetable	Sausage Or Veggie Pattie Served with sliced potatoes mushrooms, tomatoes, and baked beans	Sweet and sour chicken Or Chunky Vegetable sweet and sour Served with fluffy rice and green beans	Fish finger Or Cheese and tomato pizza bread Served with chips peas or beans
Jacket Potato	Cheese or Beans Served with fresh mixed salad.	Beans or Tuna mayo Served with fresh mixed salad.	Cheese and beans Or Salmon mayo Served with fresh mixed salad.	Cheese or Tuna mayo Served with fresh mixed salad.	Cheese and beans Served with fresh mixed salad.
Cold option	Cheese sandwich or Egg sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or Ham sandwich Served with pasta or 50/50 rice salad	Ham and cheese sandwich or Tuna mayo sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or Ham sandwich Served with pasta or 50/50 rice salad	Cheese sandwich or Tuna mayo sandwich Served with pasta or 50/50 rice salad
Dessert	Chocolate brownie	Jelly and cream	Frozen smoothie	Greek yogurt and honey	Fresh fruit salad
Fresh fruit and yogurt available every day					

WEEK B: Gluten free 11th Sept 2nd Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Leek and Pea Pasta Served with Garlic bread and mix vegetables	Cottage pie Or Vegetable pie Served with seasonal vegetables	Sausage Or Vegetable sausage Served with herby Potatoes, baked beans or sweetcorn	Creamy chicken curry Or Lentil curry Served with 50/50 rice and green vegetables	Fish fingers Or Vegetable pizza bread Served with chips, Peas or baked beans
Jacket Potato	Cheese Or Veggie chilli Served with fresh mixed salad	Beans Or Tuna Mayo Served with fresh mixed salad	Cheese and beans Or Salmon mayo Served with fresh mixed salad	Curry Or Cheese Served with fresh mixed salad	Cheese and beans Served with fresh mixed salad
Cold Option	Egg sandwich Or Cheese sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or Cheese sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or Tuna mayonnaise sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or Egg sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or Ham sandwich Served with pasta or 50/50 rice and salad
Dessert	Chocolate and orange Brownie	Fresh fruit salad	Berry mousse	Fruit jelly	Greek yogurt and peaches
Fresh fruit and yogurt available every day					

WEEK C: Gluten free 18th Sept 9th Oct	Monday Meat free	Tuesday	Wednesday	Thursday	Friday
Hot Meal	Cheese and onion omelette Served with new potatoes and peas	Roast turkey Or Vegetable bake Served with roast potatoes, seasonal vegetable and gravy	Mexican Chicken Served with tomato rice and sweetcorn	Bolognaise Or Vegetables bolognaise Served with garlic bread and mixed vegetables	Fish fingers Or Pizza slice Served with chips beans or peas
Jacket Potato	Beans and cheese Served with a fresh mixed salad	Tuna mayonnaise Or Beans Served with a fresh mixed salad	Beans Or Cheese Served with a fresh mixed salad	Cheese and coleslaw Or Beans Served with a fresh mixed salad	Cheese and beans Served with a fresh mixed salad
Cold option	Cheese sandwich Or Egg sandwich Served with pasta or 50/50 rice and salad	Cheese sandwich Or Tuna mayo sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or Cheese sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or Egg mayo sandwich Served with pasta or 50/50 rice and salad	Ham sandwich Or Cheese sandwich Served with pasta or 50/50 rice and salad
Dessert	Chocolate brownie	Fruit salad	Bananas and ice cream	Blueberry jelly	Strawberry Smoothie pot
Fresh fruit and yogurt available every day					